



VOL. XXXVI NO 5

BROADMEAD, COCKEYSVILLE, MD

January, 2015

Training on iPad to Begin This Month

BRA Directors Take Major Step into Digital Era with Approval of iPad Training Program

An iPad training program for residents, overwhelmingly approved by the Broadmead Residents Association, is expected to get underway later this month.

At a special December meeting called for the purpose, the BRA's Board of Directors accepted the recommendation of its Information Technology (IT) Committee, the board's new standing committee. The iPad program, in conjunction with the imminent arrival of Wi-Fi throughout the campus, represents an important step for residents into the digital era.

It is also consistent with a growing recognition of the importance of the internet and social media for seniors. (See box, p. 3).

According to IT Committee Chair Jackie Mintz, residents will be able to sign up for a series of 12 workshops with topics ranging from basic skills such as sending and receiving emails and photos, using Safari and FaceTime, to such advanced topics as the Cloud, Bluetooth and Music.

Classes will consist of 15 students at most, with one trainer for each five students. Trainers, of which the IT Committee hopes to enlist 12 to permit multiple sections, would be recruited primarily from residents with a few from the staff.

Residents will pay \$20 for the workshop and \$30 for the training manual. Future costs of the program will be borne by Broadmead, Inc. Since the BRA will own the instructional materials, the workshops can be repeated in future months or years.

As explained by resident Victoria Bragg, an IT committee member and a senior IT officer at the McCormick Company, this program, which is limited to iPad training, was chosen by the committee in response to resident requests for computer support. Because the great variety of personal computers on campus made it impossible to satisfactorily

address the needs of all users, the committee chose to go with this program. Responding to technical problems on one platform is much more feasible. The iPad is also preferable because of the greater uniformity of Apple technology and ease of use.

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**Masthead photo of
Lake "Maybe" by Erroll Hay**



Constance Fitzpatrick, daughter of Dr. and Mrs. Walter James, designed this seasonal urn to decorate the front entrance of C-7. A companion urn, not shown, is also filled with magnolia leaves. Photo by Sally Bloomer

EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want articles not to run over one page, copy should not exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

McDaniel Professor Looks At Present-Day France

By Robert Forster

Juxtaposing pictures of a sexy French pin-up and prize-winning pastry chefs against two huge metallic images of the dollar and the euro, Martine Motard-Noir, McDaniel College professor of French, said France strives to be like America, yet hold on to its long past. The dollar and the euro are chained together in an economic union for better or for worse.

Seeing France as firmly embedded in the European Union, she compared the economies of its 28 nations and 506 million people with that of the United States, population 320 million. Although representing 23 percent of world GNP, Europe's recovery from the recent recession has been slower than America's, only about one percent overall, compared to almost three percent in the United States.

More ominous, Germany, the engine of European growth, has fallen 1.1 percent, she



said. European economists are beginning to question the efficacy of austerity measures and wonder if deficit spending might be a better policy for the International Monetary Fund and individual governments.

Unemployment is now about twice the American rate of six percent, and youth unemployment is over 20 percent in Spain, Ireland, and Greece.

Popular protests, often focusing on the immigration of cheap labor from North Africa, are not only increasing but raising racial and ethnic tensions, especially against Muslims who are now 10 percent of the population.

Shifting to a rapid survey of France's nuclear energy structure, she said it supplies 75 percent of French energy needs from the second largest "plant" in the world.

Environmentalists protest, but the French government claims that nuclear power is cheap and safe.

Many Residents Already Wired

By Victoria Bragg

According to a December survey, at least 120 residents have a computer and more than 65 also have a tablet. Of the tablets 52 are iPads. And 40 more residents said they are interested in purchasing one.

The Information Technology Committee's survey was answered by half of Broadmead's residents. Residents are using these devices to connect to the Internet, at least for email.

Only 10 residents indicated they had no interest in any technology.

More residents use Microsoft (Windows) than Apple by a ratio of 70/30. More do word processing than create spreadsheets (97/34).

The survey was designed to give the Committee some idea of how much and what kind of technology residents are using so it can provide help.

The detailed charts summarizing the survey's results will be posted on the bulletin board behind the Reception Desk.

Training on iPad *from Page One*

Addressing financial objections to the program, BRA Treasurer Marj Espenschade reported that the Friends Fiduciary Account, from which the funds will come, has earned interest just in the past three months of over \$5,000, easily covering the cost of the program. She also reported that the addition to Broadmead Inc's budget would cost residents approximately 87 cents a month.

Those participating in the program must have an iPad. Committee members have provided options and prices at area stores.

"Staying engaged may preserve health literacy. Internet savvy elderly more likely to grasp labels, doctor's orders."

Baltimore Sun, December 18

"Training elderly in social media improves well-being, combats isolation."

European Union study, December 15



At an initial presentation on iPad training, Mike Potteiger of Generation Connect, the firm coordinating the program, shows features of the tablet to Magda Reissig, right, and Joan McShane.

Photo by Erroll Hay

BRA Healthcare Lecture

Tuesday, January 20
10:30 a.m. Auditorium

End-of-Life Care: Guidelines for Seniors & Families

Dr. Barbara Carroll, Chief Medical Officer
Julie Heffner, Director of Social Work

**Please bring your copy of the
MOLST FORM
to this important event**

NaCCRA President Asks...

Are CCRC Residents Privileged or Exploited?

Maryland a Good Place for Seniors, Seeger says

*By Jonas Rappeport**

Some 1900 Continuing Care Retirement Communities (CCRCs) dot the landscape in the 50 states and D.C., invariably both attractive and impressive given the services they provide.

How can we say the residents might be exploited?

Posing this question last month at a meeting of the Maryland Continuing Care Residents Association (MaCCRA) held at Oak Crest, Dan Seeger said the idea of exploitation sounds "almost perverse." Seeger, a resident of Pennsylvania, is president of the National Continuing Care Residents Association (NaCCRA) of which MaCCRA is a member.

Too many, he explained, have paternalistic management, left over from their founding as homes for widowed spouses of clergymen and funded by denominations outside the life care community itself. One of the legacies of this pattern of governance assumes that residents are the passive recipients of charity, rather than the financial investors in their communities that they are today. It was not until the 1970s that the concept took hold of life care communities fully funded by the entrance and monthly fees of the residents themselves, to whom management owes accountability as to a community's operation and its financial affairs.

Governance is the issue; 85 per cent are non-profits, Seeger said. Too often residents are asked to sign contracts upon entering a community which deny them any right to have a voice in its management or governance or to have any control over how management uses their funds. Management can use the funds for anything, sometimes investments that the residents may never use such as a golf course or a drive-in movie. In some states, like Pennsylvania, management has the right

to change fees and services provided, after only a 30-day notice to residents, he said.

NaCCRA is trying to help the legislatures of the various states understand what is too often happening and is trying to get state legislation to appropriately regulate CCRCs.

Only nine states have organizations like MaCCRA and Maryland is among the trailblazers in developing new ways of dealing with these issues. Maryland, along with California, Florida, Connecticut and New Jersey, has some of the strongest laws protecting residents rights, he said.

Maryland CCRCs are regulated by the Department on Aging which, among other things, oversees contract provisions, financial viability, licensure and building specifications. (**Dr. Jonas Rappeport, a Broadmead resident, is president of the Maryland Continuing Care Residents Association.*)

Broadmead MaCCRA Membership at 180 - Several Hold State Office

The Broadmead chapter of the Maryland Continuing Care Residents Association (MaCCRA) not only boasts a membership of 180 this year, it is also filling top slots in the 14-chapter statewide association. Both the local and state groups met last month.

Local membership has increased by 57 over last year, according to membership chair Nancy-Bets Hay, who was commended for her diligent recruiting work.

On the state level, Jonas Rappeport continues as MaCCRA president and Alma Smith as secretary. Resident Jean Wilson is now serving as auditor for the state association and Ethel Landis is expected to take over as treasurer.

Attending the state meeting, held at Oak Crest Village, were 55 representatives from CCRCs. Representing Broadmead in addition to Rappeport and Smith, were Marcia Reinke, now serving as interim president, Kitty Stierhoff, vice president, and

Landis who recently stepped in as the local treasurer.

Jim Brochin, who with redistricting became Broadmead's state senator, addressed the local meeting, while Marty Roach, who handles CCRCs for the Department on Aging, addressed both groups. The local chapter anticipates meeting shortly with our new state delegates, Susan Aumann and Chris West, as well as with former delegate Wade Kach, who was recently elected to the Baltimore County Council.

Both groups discussed legislation to be introduced or reintroduced in Annapolis this year and changes in both the executive and legislative branches which may affect senior issues.



The theme of the Display Case has been "Animal, Vegetable, Mineral," and has included crystals from the collections of Alice Christensen and Carolyn and Rhett Murphy. At Thanksgiving, Hanukkah, Christmas and Kwanzaa special items celebrating those holidays were rotated in for a short time.

Photo by Erroll Hay

Roach Wants Even Stronger Laws to Protect CCRC Residents

By Marcia Reinke

Marty Roach, who oversees Continuing Care Retirement Communities (CCRCs) for the Maryland Department on Aging (DOA), says Broadmead has one of the best contracts in the state. Our services are spelled out in the contract and cannot be changed unless there is agreement on all sides.

Speaking to the December meeting of the local chapter of the Maryland Continuing Care Retirement Association, Roach's comment on contracts followed an earlier talk by NaCCRA President Dan Seeger given at a statewide MaCCRA meeting held at Oak Crest.

Roach said Maryland laws are "strong but could be made stronger."

She would like to see legislation allowing residents with grievance procedures to retain counsel and to require that communities with Type C contracts have regular actuarial studies to ensure solvency. Broadmead and other Type A communities are required to have actuarial studies once a year. All contracts are subject to approval by the DOA.

Roach would like to see the regulations requiring fast action on power outages that now cover hospitals and health care facilities extended to the senior communities. She also warned again, as she has for the past several years, about the need to be admitted to a hospital in order to qualify for Medicare rehabilitation. Too often patients go into a hospital with "observation status" - even sometimes to intensive care. Patients or their caregivers need to be alert and fight for admission status, she said.

At Oak Crest Roach reported on the status of other Maryland communities, covering issues relating to financing, wetlands, traffic, deforestation and nursing care. She would like to see more flexibility in the interchange of assisted living and comprehensive care beds.

Commenting on the effect of the recent economic downturn on CCRCs, she said that at the beginning of 2008 the average age at entrance was 76.

By the end of 2008, it was 84.

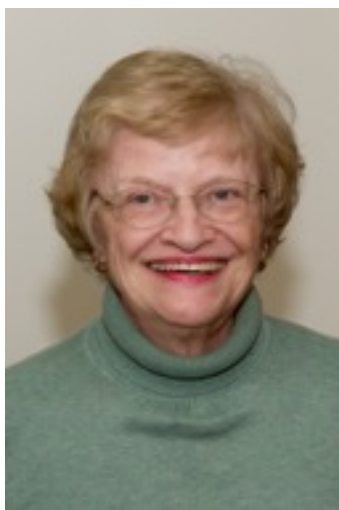
BROADMEAD WELCOMES

Gretchen Weaver Marcus, D 14
443-578-8436. gwmarcus@comcast.net
November 7.

Morocco, Uganda, Zimbabwe, Abu Dhabi - Gretchen Marcus has travelled to them all, as well as to many other exotic places that she has visited with her daughter and son-in-law.

Raised in DuBois (pronounced *du boys*) in western Pennsylvania, Gretchen attended Goucher College, where her parents sent her to ensure a good education. She joins the many Goucher alumnae residents at Broadmead. Gretchen majored in sociology and economics. She later earned an M.Ed in reading education from Towson State.

Gretchen was married in 1970 and raised her family in Guilford. She has a son, David, and a daughter, Lauren. The latter and her husband are both in the diplomatic service, and have been assigned to and lived in many different countries,



Divorced after 20 years of marriage, Gretchen moved to Baltimore County. She became the Director of the Academic Center for Excellence (ACE) at Goucher, a position that she held for 15 years. She later became a reading specialist at Owings Mills High School and did

private tutoring in reading.

During this period, in addition to the places mentioned above, Gretchen has visited England, Germany and other European countries.

She plans to go to Tanzania in another year. She says that her time in Africa has been life changing, its cultures giving her new insights into ways of living and the breadth of the human experience.

Here at Broadmead, Gretchen will pursue her interests in reading, knitting, crewel work, and needlepoint, but she will probably be looking forward to getting back on a plane to visit more fascinating lands.

By Mary Ellen Saterlie

Thomas Marvin Kelso, L-9
443-578-8439. Email pending.
December 4.

Tom Kelso's life, with its multiple moves, reads like a veritable chapter in the post-war history of the defense industry.

After a stint in the Korean War, where he learned about artillery control systems, Tom landed a job with the Burroughs

Corporation, which was building computers for guiding the early Intercontinental Ballistic Missiles. Assigned to write instructions on the working of the computer, he hand wrote 300 pages in two weeks. Back then, he recalled, one wrote things by hand and gave them to a typing pool.

After that start, Tom remained a writer for the rest of his professional life.

The next few years found Tom at Glenn L. Martin Co. in Orlando, FL, and then the Vitro Co. in Silver Springs where he spent six years on naval missile systems.

Then came a job in Glen Burnie at Tate Industry, a Westinghouse subcontractor, where his work concentrated primarily on the airborne systems used in the Vietnam era F4 fighter planes.

A few years later, he returned to Florida, to work for Radiation, Inc. His various projects included one involving placing a saddle with a tracking device on elk, to track their movements. They had originally planned to hang the device on a pendant but wildlife specialists they consulted assured them the elk would not tolerate a pendant and would



instead rub it off. Tom pointed out that these devices were early GPSs.

The early '70's were doubly difficult for Tom. A divorce left him with six children to care for. At the same time, decreased government spending led to layoffs in the missile industry. So Tom learned to cook and, in anticipation of layoffs, returned to Martin in Orlando to write about the early Sprint missiles of the anti-ballistic missile defense system.

Motivated again by likely layoffs, he moved to General Dynamics, near Orlando, where he worked on control systems for a pilot natural gas ship, and then back to Westinghouse.

In 1982, with the children grown, he was free to travel so decided to go "shopping," which meant he became an independent contractor and made more money though without benefits. Finally, in 1998, after 17 years of freelancing, he retired.

Tom and his wife, Shirley Fennell, who had known each other for years but "remet" in Baltimore in the '70s, were married in 1985. Not surprisingly, Tom enjoys writing and plans to continue doing so.

By Jackie Mintz

Shirley Fennell, L-9.
443-578-8439. Email pending
December 4.

Raised in Loudonville, near Albany, NY, Shirley Fennell came to Baltimore in 1964 as a young bride with two small children.

A Data Manager for the State for Maryland for 27 years, her first position was in the State Fire Marshall's Office, where she recorded the monthly reports on commercial fires submitted by each county. She was able to make the transition to automated records smoothly in the 1970s by taking courses at Towson State. In 1979, she moved to the State Medical Examiner's Office, where she was responsible for recording all fire-related deaths in the State. She retired in 1996.

Divorced from her first husband in the early '70s, she married Tom Kelso (see above) in 1985. Though she and Tom had known each other for years, they had not seen each other again until the '70s.

Shirley has two children from her first marriage and acquired six step children when

she married Tom. Daughter Sheila works in data management and lives in Towson. Son Christopher lives in Arlington and consults companies on building permits.

Shirley and Tom moved here from Brightview, where they had lived for about 10 months. Previously they lived in Rogers Forge.

Shirley and Tom have traveled through much of Europe but what stands out is a trip in the 1980s to England. Not only was Shirley most favorably impressed by England but there they had an opportunity to visit the village of St. John's Episcopy, from which her father came as a child just after the First World War. In the village cemetery, they found hundreds of gravestones inscribed with the name Fennell.

Shirley reads mysteries and best sellers. She also enjoys knitting and has been working for a year on an afghan for her grandson. While living in their Rogers Forge house, she amassed a large collection of figurines and Boyd's Bears.

By Jackie Mintz



Monday Book Group

Auditorium, Mondays
10:30 a.m.

- | | |
|------------|--|
| January 5 | 100 Years of Solitude
Gabriel Garcia Marquez |
| February 2 | I Am Malala
by Malala Yousafzai |
| March 2 | The Book Thief
by Markus Zusak |

Obtain books from the Bookmobile
on the last Friday of the month only.

iPhone Replaces Libraries; Three R's to Be Modernized

By Elborg Forster

Waving his iPhone in the air, Dr. José Antonio Bowen said technology can provide students with information, facts and figures. Professors are no longer needed for that.

And the big universities, "Harvard, Yale, Stanford, M.I.T", are providing free classes on line. How, he asked, are small liberal arts colleges to deal with such high-powered competition?

By having professors serve as coaches. And by emphasizing a new version of the three "Rs", he said.

Bowen, the new president of Goucher, addressed a spellbound audience here as he presented a thoroughly modern view of what colleges need to do to prepare students for life in our time and beyond. Brought to Broadmead by the large contingent of Goucher alumnae here, he opened and closed his academic insights with an exciting and brilliant jazz piano performance. Trained as both a scientist, (B.S. in chemistry) and artist (Ph.D. in musicology and humanities), he has had a career as a jazz performer and composer of a symphony nominated for a Pulitzer prize. He has also published widely on topics in higher education. His latest book is entitled *Teaching Naked. How Moving Technology Out Of Your College Classroom Will Improve Student Learning*.

Instead of providing facts, professors must assume the role of coaches, teaching

students how to put information into context, evaluate it, and apply it to other problems. To have a successful college career and indeed success and happiness throughout life, students should depend on the Three Rs, Relationships, Resilience and Reflection, he said.

To develop relationships students need roommates, classmates, teammates or fellow musicians with whom they share interests and experiences. They also need teachers who know them personally, care about their work and provide extra help when necessary.

Resilience is important for young people, to learn to deal with failure. Support is vital in preventing failure from meaning the end of the world rather than a source of "grit," the resilience that allows us to try again and do better next time.

Reflection is necessary so that information, and even interpretation of information, not be accepted as is.

Reflection may well lead to the rejection of facts presented in a certain way or a change of mind, he said. Dr. Bowen told us about various strategies Goucher College has implemented to foster these values. For various reasons, notably demographic and financial, colleges nowadays have to compete for students, but under Dr. Bowen's leadership, Goucher would seem to be in a position to do rather better than survive.



Goucher President Jose Antonio Bowen prefaced his talk with a jazz piano performance, Photo by Erroll Hay

Know Your Neighbors

Wear Name Tags January 1, 2 and 3

Railroad Station Conversion Is Home to Broadmead Trustee



Story by Elborg Forster Photo by Erroll Hay

Stories about the unusual house of Barrett Rudd, the new chair of Broadmead's Trustees, have been circulating around for some time, so *The Voice* set out to get the facts from the owner himself.

In 1975 Barrett and Ann Rudd learned about a station house in Old Lutherville, along the former Penn Central Railroad track, then proposed for the present light rail. Built in 1873 by John Cockey, the station house had a large waiting room and a store on the first floor and an apartment on the second. No one was living there. The building was frequently vandalized.

Taking quite a liking to it, the Rudds moved in as renters and eventually, when the railroad put it up for auction, they submitted a bid. When 13 bidders assembled in the railroad's offices in Philadelphia for the opening of sealed bids, the Rudds' was the highest. Thus began a loving restoration and a furnishing with antiques they had collected in the countryside around State College, PA. Now on the Register of Historic Landmarks, the old station has been home for the Rudd family for 38 years.

Camera Club Meeting

Monday, January 19, 10:30 a.m.
Seminar Room
Bring photographs of snow

Residents Contribute \$42,664 to Employees Appreciation Fund

A smiling Hyko Laeyendecker has announced that 248 residents, or 71 per cent of our population of 348, contributed \$42,248 to the semi-annual Employees Appreciation Fund last month. The goal for the fall drive was \$40,000.

In addition to the \$42,664, \$250 was received from associate members. There was also a \$7,438 carryover from late payers to the 2014 spring campaign.

Following the November 26 "deadline," members of the Executive Committee met to stuff \$50,000 and holiday greetings into employee envelopes. Only hourly workers are eligible for checks which are based on the number of hours worked in a year,

A small carryover plus late arriving money will be kept to cover the expenses of the spring drive.

Hyko noted the importance of sending not only original pleas but also reminder letters due to Broadmead's "ambiance of hazy memories."



Catherine Rommel's handsome holiday house, featuring gingerbread cookies, candy, other goodies and lots of frosting was perched for another year on the reception desk, awaiting its demolishing at the New Year's Eve Party. Harry Butcher, Catherine's father was in charge of the demolishing.

Photo by Erroll Hay

Echoes of Homer Continue in Literature Today

By Elborg Forster and Park Espenschade

Thomas Faulkner, Professor of Classics at McDaniel College, readily admits that he “finds Homer under every rock and behind every hedge.” But he holds to his conviction that echoes of the Greek’s mighty epics, *The Iliad* and *The Odyssey*, are pervasive in our contemporary culture, in literature, theater and films.

Making his point at a well-attended Saturday night lecture, Faulkner said few today can read the 7th or 8th century BCE text, but many

excellent English translations are available, some published in the last 50 years.



The outstanding exemplar of Homeric inspiration in modern literature, he said, is James Joyce’s difficult 1922 novel *Ulysses*,

which follows Leopold Bloom on peregrinations through Dublin.

The film *Oh Brother Where Art Thou* of 2000 features three escaped convicts, chained together in prison garb, encountering dangers like those in *The Odyssey*. Margaret Atwood’s *Penelopiad*, shows Odysseus’ wife Penelope defending her reputation and that of her maids, who have been depicted as consorting with the enemy. Homeric themes may also be found in Philip Roth’s *The Human Stain*, Jonathan Shay’s *Achilles in Vietnam* and Charles Frazier’s *Cold Mountain*.

Faulkner also touched on Homer’s influence on the Greek alphabet and the continued archeological interest in Troy.



Voice photographer Erroll Hay was assigned to take a picture of someone getting a flu shot but, apparently not able to find a victim, he posed himself (A selfie?) Giving the shot here is OPD nurse Heather Heiler. Outpatient administered almost 270 flu shots this year.

Men’s Social Hour

9:30 a.m. Saturday
Auditorium/Lounge

January 10
To Be Announced

January 24
Herb Grymes

Coffee - Tea - Doughnuts
Wear your name tag

Country Store

Monday - Friday 10 a.m.- 2 .p.m.
Saturday 11 a.m. - 1 p.m.
(Profits go to the Residents Association)

Corner Cupboard

Monday, Tuesday, Thursday, Friday
10 a.m.-1:30 p.m. 2:30-4:30 p.m.
Orders may be placed Monday thru Friday
(same times as above)
443-578-8075

Sew and So

Tuesday and Wednesday
10 a.m. to noon, Room 215
Phone: 8816

In a Cadbury? A Dalton? A Yardley? Do You Know Where You Live?

By Bernie Anderson

What's in a name?

Broadmead long timers may not know that a home's configuration now confers on it a special name, all derived from the Quaker tradition.

Until recently we just lived in studios, or one bedroom and den, or maybe two bedrooms and two baths. Some with porch. Some with patio/sunroom. Some without.

No longer. If you live in a studio, you are in a *Dalton*. Or if you live in a one bedroom and den, you're in an *Ellicott* or maybe a *Penington*. What's in a name is based on square footage in current marketing brochures.

And those of us in independent living no longer live in apartments, units or even cottages. We live in "garden homes."

According to Broadmead's current marketing brochures and pricing sheets, there are eight different and distinct floor plans or layouts with the Quaker names, which have apparently been in use, without many of us knowing it, for a couple of years. Director of Marketing Kristy Krueger said the names, as well as the upscale epithet "garden homes," have been endorsed by the residents' advisory marketing committee, with which she meets monthly to discuss occupancy and marketing plans.

To determine the exact name of your abode, you may need to look at the floor plans in the marketing office or Google the Broadmead website where they are on display. "Two bedrooms" are, for instance, sometimes tagged with different names depending on size. Names are as follows: *Dalton* (studio), *Barclay* (one bedroom), *Ellicott* (one bedroom and den), *Penington* (one bedroom and den), *Cadbury* (two bedrooms), *Southwick* (one bedroom and den), *Yardley* (two bedrooms) and *Wakefield* (two bedrooms). They vary in size (square

footage) from the smallest (the *Dalton*) to the largest (the *Wakefield*). Some have one and some have two bathrooms. The size determines the entrance and monthly fees.

All of this is consistent with the intent of the new "Master Plan," currently being implemented, and designed to attract future residents to Broadmead. In addition to these current "garden homes", four new configurations are under construction. These will modify (and enlarge) four units (whoops – "garden homes") located in clusters D, H, and R. New names have been given to these new configurations: *The Barclay II*, *The Cadbury II*, *The Ellicott II*, and *The Penington II*. Completion of the work is scheduled for some time in January. Already the Marketing Department has reserved one of these for a future resident.

The new construction, implemented under the direction of Fran Anderson, founder and president of RCMP (Real Estate & Construction Management), is part of a major effort to help make Broadmead more competitive in the senior living market place.

A Google search of senior living communities in the Baltimore/Baltimore County area reveals the existence of over 200 such facilities, a marketing sector that scarcely existed 30 years ago. Anderson has pointed out that future residents will soon come from the so-called "baby boomer" generation, whose taste in community living is somewhat different from that of current residents. It is important to recognize this change and to prepare for it, he's said. The reconfiguring and renaming of our homes is designed to do just that.

Moving Around Broadmead

	From	To
Keith & Sandra McClung	W-2	S-201
Elizabeth Mohr	S-206	H-242
Suzanne Hopkins	C-12	T-306



Residents of all faiths and ethnicities showed up for the annual Hanukkah celebration, also known as the Festival of Lights, featuring the Charm City Klezmer band. Organized by Corinthia Cromwell and resident Sheila Meyers, both of the Multicultural Committee, the event included songs, dancing by residents, and traditional dishes. In the band are, from left, Judith Geller, Bob Abbott, Seth Kibel and Michael Raitzyk. Rebekah Rose Geller, age 10, played the violin.

Photo by Erroll Hay

Meise Speaks of Army, Black and Decker and Exploding His Home

By Park Espenschade

Fred Meise, a longtime resident of Baltimore, spoke at a Men's Saturday Social about his Army years, his 33 years with Black and Decker and the time his dad almost blew up his boyhood home.

After graduating from Baltimore City College and "a desultory semester or two (here a major, there a major)" in college, he joined the Army in 1957, and was assigned to the "Atomic Cannon" unit in Germany, the same 280 mm cannon that previous speaker Dave Gilbert was involved with at the Aberdeen Proving Ground.

While in Germany he met Renate on a train and, following a year as pen pals, they were married in 1962. He finished his undergraduate degree at the

University of Baltimore studying traffic management (rail, train and motor vehicles).

He worked at Black and Decker from 1962 to 1995, retiring as Director of Business Services. Many years of volunteering have followed, with Habitat for Humanity and his local church. A daughter lives in Annapolis and a son in Texas.

His boyhood adventure as an explosives "expert" was at his home, built by his grandfather on shelf rock. After weeks (months?) of chipping away at the rock in the basement, Fred's dad decided to blast and sent Fred's mom off to a neighbor. However, a chunk of rock struck the dining room floor, severing a water pipe and drenching a prize rug and hardwood floor.

There was no more blasting. But Fred's "expertise" might be helpful on the rocky slope of the Provenza property.

Choking, Swallowing, Rehab Explored in Health Lectures

By Frank Iber, M.D.

Wellness Director Jody Tromble, Speech Therapist Liz O'Meara and Manager of Genesis Rehabilitation Richard Call shared the podium to discuss the Heimlich maneuver, swallowing and Broadmead's new rehabilitation program at a recent Residents Health Care Committee lecture.

The Heimlich maneuver, demonstrated by Tromble, is required when a solid chunk of food blocks the airway. Choking is uniformly the symptom that should alert everyone that this maneuver is necessary and possibly life saving. If the person can speak or cough the maneuver is not indicated because the airway is not obstructed, she said

The usual maneuver is for the rescuer to stand behind the victim, place a fist in the center of the abdomen just above the umbilicus, place the other hand on top of the fist and thrust strenuously inward and upward to compress both the abdomen and chest to expel air. This should be repeated every five to 10 seconds until the airway is open and breathing recurs or until trained help arrives and takes over the rescue effort. It's necessary to request assistance as early as possible, she said.

Addressing swallowing difficulties, O'Meara explained the four phases, any of which can become deranged, and the therapies for each. In the first, oral preparatory phase chewing and mixing with saliva result in a moist soft bolus of food, which in phase two the tongue propels into the pharynx. Phase three has the constricting sphincters of the pharynx relax and the bolus propelled into the esophagus. The esophagus propels this into the stomach in the fourth phase. The first two can be discerned by observing the swallowing of water. The last two phases require a video x-ray to determine the treatment. Treatment may include swallowing exercises, slower more deliberate chewing and eating, use of frequent small sips of fluid, a change in the consistency of the food, or in the extreme a temporary feeding tube while improvement is taking place.

Noting that all rehabilitation services must be initiated by a health care provider, Call explained the range, details and staffing of Broadmead's physical, occupational and speech therapy programs, now operated by Genesis Rehabilitation. Physical therapy usually addresses lower limb and back difficulties, preventing falls, improving walking and balance and pain management. Occupational therapy addresses improvement in actions of daily living, restoring independent living whenever possible. Speech therapy helps with speech, communication and with difficult swallowing. As appropriate, staff work with residents in the Center, in the licensed area and in their apartments. Their mission is to help each resident function at the highest level possible, he said.



Two Broadmead groups, Trips and Bird and Nature, visited the poinsettia exhibit in Rawlings Conservatory in Druid Hill Park. Toured were the Mediterranean, Tropical and Desert Houses, where bromeliads, coffee and Bird of Paradise plants, cacti, rosemary, palms and orchids were displayed. The Palm House, the original dome-shaped structure, was built in 1888 and contained a 50-foot "Christmas tree" composed of red poinsettias. Shown here are Judith Hundertmark and Sue Carnell.

Photo by Sally Bloomer

Early Medicine Relied on Lotions, Potions and Pills

By Elborg Forster

Be thankful that you were born in the 20th century. That message was loud and clear in an Open Forum lecture presented by Elaine Breslaw, professor emerita of history at Morgan University and holder of a Ph.D. from the University of Maryland.

Why thankful? Because we are not subjected to the medical practices of the pre-modern era, from colonial times to the early 19th century.



Elaine Breslaw

Breslaw opened her talk, entitled *Lotions, Potions, Pills and Magic* with an overview of the prevailing health-care system in colonial times. The population was in relatively good health, she said, since in the countryside there was plenty of room and plenty of food. Cities were few.

But health became precarious even before the start of the Industrial Revolution. Hygienic conditions were deplorable, with pigs and chickens running through the streets, along with animal and human sewage. As in most

areas of life, government regulations and standards did not exist.

Medical doctors were not required to attend college or even to be literate. They were trained as apprentices by established practitioners. Births were attended by midwives, who also learned their craft from experienced elders. Both doctors and midwives resisted innovation.

Pre-modern medicine was based on a belief in four bodily “humors” – blood, yellow bile, black bile and phlegm – which had to be kept in balance.

The best way to evacuate harmful humors was by bleeding the patient and by administering emetics, purgatives or diuretics, resulting in a weakened patient, especially those who were old or very young.

Since germ theory, which would explain the origin of disease, was not yet known, sickness was often viewed as punishment for sin. Religious practices attempted to sway the will of the deity, and magic often took the place of religion.

Dr. Breslaw’s book, also entitled *Lotions, Potions, Pills and Magic*, (New York University Press, 2012) expands on the themes touched upon in the lecture.

Trips Committee

Thursday, January 15

Visit to Baltimore Museum of Art
Recently opened American wing
Sign-up sheet on bulletin board
Questions: Helen Davis

Mid-February date to be announced

G. Krug Blacksmith Shop

Residents Association Concert Series

Wednesday, January 14, 7 p.m.
Auditorium

Katherine Harris Rick
(Award Winning Pianist)

Nikita Borisevich (Violinist)

Mini-Sale Clothing and Linens

Wednesday, January 21
10 a.m. to 3 p.m.

Broadmead Briefs

Jean Wilson and **Louise Williams** were announced the winners in Round Robin Three's bridge tournament at its annual December luncheon in the Magnolia Room. Placing second were **Helen Davis** and **Florence Platt**; third, **Weezie Davis** and **Priscilla Stieff**; and fourth **Pam Langham** and **Betty Lou Anderson**. **Mary Jane Kiefaber** and **Tippi Sieck** placed fifth; **Ann Allen Dandy** and **Ruth Heald**, sixth.

The **Great Decisions group** will meet on eight consecutive Mondays beginning January 12, from 3:30 to 5 p.m. in the auditorium. The first topic will be "Human Trafficking in the 21st Century." Books should be available by the first of the year.

Chatting about their lives before Broadmead at an unarranged Sunday night supper table in the Arbor Café, **Peggy Sindall**, **June Minch** and **Flo Dunlop** discovered to their amazement that all three had attended the same Baltimore elementary school, School 86 in Windsor Hills. Moreover they were there at about the same time. Jonas Rappeport also attended that school a little earlier.

There is a desperate need for one or two residents to take over the Barn Sales' **Furniture Department** which has been a top money maker for the Broadmead Residents Association. **Bernie and Kitty Anderson** have had to retire for reasons of health. Also needed is storage space for the furniture.

Residents are reminded that **Broadmead's new television channel**, #971, will be updating storm forecast conditions, closures and changes in mail times.

While Broadmead's **pool is closed** for renovations, the **Maryland Athletic Club (MAC)** is letting us utilize the aquatic area at their Timonium location. See Wellness Director Jody Tromble about arrangements.



Virginia Schurman has recently had published a second paper on Martha Ellicott Tyson, a 19th century Baltimore Quaker who was concerned about education, Native Americans and African-Americans. Tyson is considered to be one of the founders of Swarthmore College and was one of the

first biographers of Benjamin Banneker. The paper, entitled "Quaker Reminiscences: Friend's Traditional Lives in the 1800s", appeared in November in *The Conservative Friend*, a publication of the Ohio Yearly Meeting. Here Virginia has donned a period dress like that worn by Tyson for a living history event in the cabin at the Benjamin Banneker museum commemorating his birthday.

Adventures in Learning

American and French Revolutions Compared

Wednesdays, 10:30 a.m.-Noon
Auditorium

Speakers: Edward C. Papenfuse,
Ph.D. History, JHU
and Archivist Emeritus
of the State of Maryland

Robert Forster
Professor Emeritus, JHU

January 14: American Revolution I
January 21: American Revolution II
(Papenfuse)

January 28: French Revolution I
February 4: French Revolution II
(Forster)



Multicultural Committee members gathered to learn about the principles of Kwanzaa, an African-American cultural celebration created by Dr. Maulana Karenga in 1966, to strengthen bonds in the black community. From December 26 through January 1 a candle is lit each day to celebrate the principles of unity, self determination, collective work, responsibility, purpose, creativity and faith. Storyteller and musician Walter Jones participated in Broadmead's December 29 celebration of Kwanzaa, also known as the Festival of First Fruits. Gathered here are Sally-Lyn Duff, John Michener, Bob Fetter, Gwen Marable, Teru Mottley, Sonia Blumenthal and June Gee .

Text by Gwen Marable, Photo by Errroll Hay

January Open Forums

Auditorium, 7 PM

Friday, January 16

Human Trafficking in the 21st Century

Ellen Sauerbrey,
Former Assistant Secretary of State
Population, Refugees and Migration

Friday, January 30

The Horn of Africa

Lange Schermerhorn,
retired U.S. Ambassador to the
Republic of Djibouti
(She held posts in several parts of the world
and continues her special interest in Africa)

All are welcome

Celebrating and Remembering Martin Luther King, Jr.

Monday, January 19

7 p.m. Auditorium and Lounge

Special dinner beforehand, regular hours
Arrangements by Bernard Queen

Sponsored by Multicultural Committee

Bird and Nature

Friday, January 30

1:30 p.m.

Seminar Room on Lower Level

All are welcome

“No Whistle Blower” Tells All About the Boys in the Back Room

By Agnes Merrick

The boys in the back room, aka the Woodshop Gang and their moll who they keep out of sight, do their “dirty work” behind closed doors. They finish off their “subjects” with dispatch and have Maintenance cart them away to their final resting place.

I hear the doc performs “delicate” operations—his specialty being leg amputations. They’ve got a former shrink in there. He actually uses wires to hang his “subjects.” Then there’s the Artist. He’s very meticulous in the way he works his “subjects” over with clamps and vises.

Another one of the gang hides out in the Barn Sale Room, trying to distance himself from the stained reputations of the others. He has a light touch and sets the wheels in motion for his *amigos* while he assembles dismembered “parts.” One of the gang cooks the books for a honey of a deal.

And the moll? She’s a low-down sew-and-so. Does the same “dirty work” as the boys. Doesn’t blink an eye. She may needle the

guys every once in a while, but they all respect her “handy work.”

Hush money is passed from hand to hand in sealed envelopes. There’s a chemical smell which I assume to be chloroform because I can hear the sounds of saws and drills and the scraping of knives.

There are other men in the gang, but they keep a low profile. I think they’ve done “Time,” and they don’t want their checkered, or poker-ed, past to catch up with them.

Well, there you have it, folks, a possible Sweeney Todd situation right here in our own back yard.

I’m no whistle blower, and I’m not one to gossip. I just want to do the right thing and warn my fellow neighbors that if you’re thinking of putting the object of your affections in the hands of the boys in the back room or their moll, just know that what goes in the *front* door of that place comes out the *back* door—significantly “altered.”

And that’s the unvarnished truth!



While Kitty and the late Hugh Stierhoff were visiting their son at Boy Scout camp in the mid-’60s, Hugh picked up some pieces of soapstone on which he began working with files, the start of a hobby he enjoyed the rest of his life. His work, which has been sold in many venues, has been on display here for the past several months.

Photos by Erroll Hay

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Main Lounge
January 18

The Rev. Marguerite Quarles
Assistant Pastor
Sharon Baptist Church, Pikesville

Bible Study

(sponsored by Woodbrook
Presbyterian Church)
Tuesdays 10 a.m. Seminar Room

Catholic Mass

(sponsored by St. Francis Xavier Church)
2nd Wednesday every month
10 a.m. Holly Terrace

IN MEMORIAM

Donald Chambers

May 17, 1936 November 26, 2014

David Rigotti

April 17, 1929 December 2, 2014

Sarah Burbank

January 17, 1917 December 2, 2014

William Eddison

May 15, 1924 December 13, 2014

Newly Arrived Residents

Thomas Kelso, Shirley Fennell	L-9
Jim and Flora Logie	K-16
David Diorio	R-6

Movie Psychiatrists Discourage Patients Seeking Help

By Jonas Rappeport M.D.*

When you saw your last movie about a psychiatrist, what did you think of how he was portrayed?

Was he Dr. Dippy, Dr. Dangerous or Dr. Decent? These are the usual stereotypes Hollywood uses.

In a late November power-point presentation, Dr. Mark Komrad, a practicing psychiatrist in Towson, spoke of the many ways that mental illness and psychiatry are mishandled in the movies.



Dr. Mark Komrad

The “wounded healer” psychiatrist is seen attempting to deal with his own needs during the therapy rather than those of his

patient. Dr. Dangerous, as seen in the movie *Silent Fall*, has as his main goal to lock up the patient or feed him a lot of medicines. And finally there’s the dedicated therapist, there to help his patient, as Robin Williams did in *Good Will Hunting*.

In a survey of 106 movies Dr Komrad said that in 54 per cent the psychiatrist was portrayed as clearly incompetent and in 45 percent the doctor committed boundary violations not proper for a therapist.

The movie that portrayed psychiatry and mental illness in its worst light was *One Flew Over the Cuckoo’s Nest*, he said. He added that such movies not only further the stigma against mental illness and psychiatry but also discourage those who need help from seeking it.

**Resident Jonas Rappeport is a psychiatrist and president of the American Foundation for Psychiatry.*



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by
Sally Bloomer and Marge Appleby

Saturday movies by John DePrine and Bob Gist

Saturday, January 3 Cool Running (John Candy)

This is the true story of Jamaica's first Olympic bobsled team, four unlikely athletes with one impossible team.

1999 PG 98 minutes

Tuesday, January 6 The Music Man (Robert Preston, Shirley Jones)

A con man comes to a Midwestern town with a scam using a boy's marching band program, but things don't go according to plan.

1962 NR 151 minutes

Saturday, January 10 Monster-In-Law (Jane Fonda, Jennifer Lopez)

Charlie (Lopez) thought she'd never find the man of her dreams until she met Kevin. However, Charlie is in for a shock when she meets Kevin's overly possessive mother (Fonda)

2005 PG13 102 minutes

Tuesday, January 13 Jefferson in Paris (Nick Nolte, Greta Scacchi)

Thomas Jefferson, as Ambassador to France during the French Revolution, supports the new government in appreciation for its military aid during the American Revolution.

1995 PG 139 minutes

Saturday, January 17 Eight Below (Paul Walker, Bruce Greenwood)

Inspired by a true story, film tells a tale of survival, friendship and adventure.

2004 PG 120 minutes

Tuesday, January 20 The Curious Case of Benjamin Button

(Brad Pitt, Cate Blanchett)

Tells the story of a man who starts aging backwards with bizarre consequences.

2008 PG13 166 minutes

Saturday, January 24 Walk the Line (Joaquin Phoenix, Reese Witherspoon) Phoenix and Witherspoon portray Johnny and June Cash in this story of man's unwavering devotion to his sound, his message and the greatest love of his life.

2004 PG13 135 minutes

Tuesday, January 27 Chef (Jon Favreau, Robert Downey, Jr.)

A chef who loses his restaurant job starts up a food truck in an effort to reclaim a promise, while piecing back together his estranged family.

2014 R 114 minutes

Saturday, January 31 Belle (Gugu Mbatha-Raw, Tom Wilkenson)

Didi Elizabeth Belle, an eighteenth century English woman of mixed race is raised in privilege by her aristocratic great uncle, but is denied proper social standing because of the color of her skin.

2014 PG13 104 minutes

Broadmead Play Readers

Wednesday, January 7
7 p.m. Auditorium

Jeeves and the Old School Chum

by P.G. Wodehouse
Dramatized by Eli Freedman
and Lynn Buck

Cast

Announcer/Man	Walter Hudson
Bertie Wooster	Howard Garber
Richard (Bingo) Little	Frank Iber
Mrs. Bingo	Alice Giles
Jeeves	John Dowling
Laura Pyke	Judith Hundertmark

VOICE OF THE RESIDENTS

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Cardinals display their finery and have mid-winter chat in undergrowth near Cluster D.

Photo by Erroll Hay